

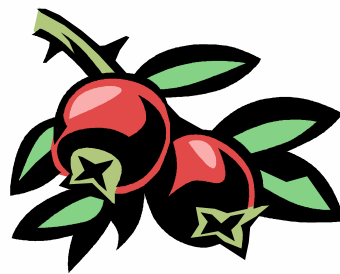


Fruit of the Week:
Cranberries

Healthy Recipe Idea: Baked Apples with Cranberries

Ingredients:

4 red, firm-fleshed medium apples
1 cup fresh or dried cranberries
1/3 cup pure maple syrup
1/4 cup brown sugar
2 tsp. unsalted butter
1/2 tsp. ground cinnamon
Cream (optional)



Directions: Pre-heat oven to 375°. Partially core apples, starting at the stem end, removing all the seeded core, leaving bottom intact. Peel each of the apples, leaving at least 1/3 of the peel on the bottom of the apple. Place in a shallow oil-sprayed baking dish. Fill each apple with cranberries and scatter remaining cranberries in baking dish. Pour maple syrup over apples, sprinkle with brown sugar and top each apple with 1/2 tsp. butter and a sprinkling of cinnamon. Bake, occasionally spooning syrup over apples, for 35-45 minutes, or until apples are tender and soft. Remove and allow to cool briefly. To serve, place each apple in a serving dish, spoon syrup from the baking dish on top and serve warm with cream (or try with whipped cream or ice cream).

How do I core my apple?

For this recipe, or any other recipe for cooking apples, try either Golden Delicious or Rome Beauty Apples. Use a special coring knife or a small, sharp, thin bladed knife. A coring knife is pointed knife with a curved blade. If using a coring knife, center over the stem and push straight down, then turn knife in apple to free core. Gently pull stem to free core. If using a regular knife, about a quarter inch from the stem, push the knife straight down into the apple. Repeat, working around the stem until a complete circle has been cut. Gently pull stem to free core.